

The CaféWell[®] Advantage



Reduce your health care costs and provide employees the tools they need to improve their health.

CaféWell is an interactive website that provides engaging activities and personalized support on a variety of health topics, such as:

- ▶ nutrition
- ▶ stress
- ▶ medical conditions
- ▶ men's and women's health
- ▶ exercise
- ▶ and more



Employees can also earn Life Points[®] for completing healthy activities through CaféWell. Life Points can be redeemed for gift cards from a variety of retailers.

A Win-Win Situation

Employer Benefits

Health and wellness programming tailored to employee needs.

Educate employees on CDPHP resources.

Fewer sick days means more productive employees.

Improves company morale and employee retention.

Helps determine company-specific health risks for customized worksite wellness programs.

Reduced medical costs in the long run.

Healthier employees net a healthy bottom line.

Employee Benefits

A personalized experience tailored to the individual needs and goals of each employee.

Helps encourage members to use preventive health services.

Empowers members to make more informed health care decisions.

Encourages members to use fitness trackers and engage in physical activity.

Motivates members to make healthy lifestyle choices.

Free wellness classes and services make healthy living more affordable.

Shows employees that the employer values them.



Contact your broker or CDPHP representative to **learn more today.**

All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year.

